



# NEW

# GENERATION

**MAYNARD COUNCIL ON AGING  
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754  
978-897-1009

OCTOBER 2021

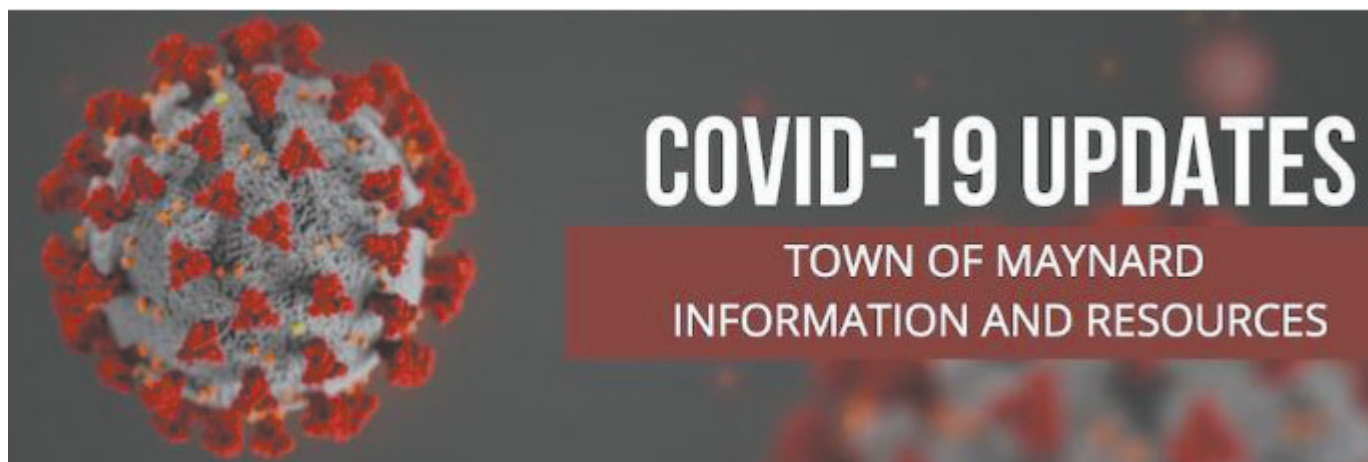


# Town Administrator's Message

It's hard to deny the "magic" of October in New England. Its charm is everywhere, from pumpkins, apples, pies, flowering mums, fake-skeletons and children with oversized costumes. I'm impressed by the level of detail of home decorations and garden designs I've seen around town, and I could imagine the opportunity for a contest to spotlight the hard work of residents embracing this season. October is one of the months we proudly present kitschy displays and collectively fall under a spell of youthful delight and nostalgia, and as such I encourage you to compliment your neighbors' decorated yards and porches.

A few occasions to highlight this October: Thank you for your support of this year's return of Maynard Fest on October 2, 2021. Indigenous Peoples' Day is scheduled for Monday October 11, 2021, and town offices will be closed in observance. Please be sure to attend the Special Town Meeting on Saturday, October 16, 2021 at noon, located at the Mill & Main parking lot across from St. Bridget's. More information can be found at the town's website [www.townofmaynard-ma.gov/gov/town-meeting/](http://www.townofmaynard-ma.gov/gov/town-meeting/)

For information on the town's COVID-19 status, please visit the town website and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,  
Greg Johnson**

Town Administrator  
[gjohnson@townofmaynard.net](mailto:gjohnson@townofmaynard.net)





# Together Again

In my column for August's newsletter, I reflected on thoughts I shared from my column in August 2020. I decided to do the same for this newsletter, curious about what has changed over the last eighteen months and what has stayed the same. I'm adding comments from ***October and November 2020 in italics:***

***As knowledge about COVID-19's transmission has grown, we're still in the same place of concern about risk when in close proximity to others, as well as spending more time indoors with the flu season just around the corner.*** As we enter fall (and yes, winter is coming!) and move indoors, we'll continue to take precautions such as wearing masks and creating space amongst ourselves. I have found wearing a mask to be almost second nature now, though it reminds me daily that even with booster vaccines arriving we need to stay aware of risks to ourselves and others.

Though the weather may push us indoors, there are doors to socializing still open. The COA offers opportunities to spend time with others, whether in a knitting or craft class or just dropping by for a cup of coffee and a game of cards. The Maynard Public Library is offering a wide array of great programs in the next two months and is always a special place to stop by any day.

***I'm sure, like many of you, learning how to take classes and make connections with others through technology like Zoom hasn't been easy to figure out, and it certainly isn't the same as being together.*** I did figure Zoom out (always crossing my fingers!) and found the platform to be a gateway for meetings, webinars, trainings, and the like. The Council on Aging Directors in my area have met every week for the last eighteen plus months, continue to do so and can't imagine how we could have gotten through the challenges of COVID. On a personal level, Zoom gave me the opportunity to attend endless presentations related to birds (of course!) – often with attendees from around the world. I hope many of you found Zoom to be your friend too! If you still struggle, check out the YouTube videos (on page 8) from Marcia Chadly. Please contact the COA about our tablet lending program if you are in need of equipment.

***My daily evening walk is bookended by an outdoor chat with my 86-year-old neighbor. We don't have "exciting" news since we spend most of our time at home, but we both enjoy sharing the latest update on how the neighbor caught a skunk instead of the woodchuck (for the third time) or commiserating about the humidity. My neighbor listens to my love of birds while wishing to rid herself of sparrows nesting in the porch's gutters. I mow her lawn; she supplies the ice cream.*** Not much has changed here! My neighbor (Audrey) is now 87 years old, cautions me to be safe on my walks and waits to hear if it was buggy or what migrating bird I discovered. Our neighbor is no longer catching skunks or woodchucks, we certainly continued to commiserate about the humidity and the gutters have been sealed. The endless rain created more grass than I could keep up with and more ice cream that I should have eaten.

**~ Amy Loveless**

Director

Maynard Council on Aging & Senior Center



## Maynard Council on Aging

The Maynard Council on Aging provides information and referral for supportive services including home care, health insurance counseling, fuel assistance, food resources, housing, legal issues, public assistance programs and transportation. The Council on Aging accepts and lends durable medical equipment. The Council on Aging collaborates with other Town of Maynard departments as well as community organizations in addressing seniors' needs and concerns.

## October Council on Aging Board Meeting

Tuesday, October 19, 1:00 p.m.

Maynard Town Hall  
195 Main Street  
Gianotis Room

C. David Hull, Chair  
Anita Dolan  
Angie Flannery  
Paul Guthrie  
Diane Wasiuk

All purchases  
support local artists  
and your local economy



# 6 Bridges Gallery

FINE ART AND CRAFT

## Fall for Fine Craft!

Our selection of fine craft by local artisans offers something for everyone:

- ☐ Jewelry
- ☐ Ceramics
- ☐ Greeting cards
- ☐ Fine art & photography
- ☐ Fine woodcraft
- ☐ Decorative metalwork
- ☐ Home & home office decor
- ☐ Handcrafted soap
- ☐ Sculpture
- ☐ Decorative and wearable fiberarts

## Shop In-Person & Online

- ✓ **77 Main St., Maynard**  
**Wed. – Sat., 12 – 5:00 pm**  
Masks required. Hand sanitizer available at the door. Social distancing guidelines apply.
- ✓ **Personal Shopping (Tuesdays)**  
Via FaceTime, Zoom or in-person. Email [6bridgesgallery@gmail.com](mailto:6bridgesgallery@gmail.com) for an appointment.
- ✓ **Gift Certificates**  
Give the joy of art and fine craft.
- ✓ **[6bridges.gallery/shop/](https://6bridgesgallery.com/shop/)**
- ✓ **Facebook**
- ✓ **Instagram**

## On View

Oct. 6 – Nov. 13, 2021 • Reception: Oct. 16, 7:00 pm



## High West

Joyce McJilton Dwyer

Watercolor paintings of Olympic National Park, Washington  
[6bridges.gallery/high-west/](https://6bridges.gallery/high-west/)

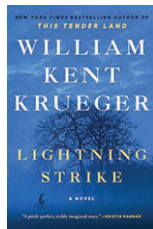
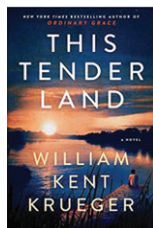


## Local Landscapes

Roy DiTosti

Color photographs of local New England scenery  
[6bridges.gallery/local-landscapes/](https://6bridges.gallery/local-landscapes/)

# Anniversary Author Celebration



## William Kent Krueger in conversation with Hallie Ephron

Thursday October 14 at 7:00 pm  
Via Zoom

We are celebrating Maynard's 150th anniversary, as well as the library's 140th anniversary and 15 years on Nason Street!

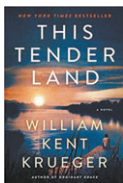
William Kent Krueger is the New York Times bestselling author of *This Tender Land*, *Ordinary Grace* (winner of the Edgar Award for best novel), as well as eighteen acclaimed books in the Cork O'Connor mystery series, including *Desolation Mountain* and *Lightning Strike*.

Read more and register at [www.maynardpubliclibrary.org/anniversary-author](http://www.maynardpubliclibrary.org/anniversary-author)

Join a book discussion of *This Tender Land*!  
Library Book Mill Tues, Sept 21 @ 7 pm (online)  
COA Book Group Tues, Sept 28 @ 11 am (online)

Maynard Public Library [maynardpubliclibrary.org](http://maynardpubliclibrary.org) 978-897-1010

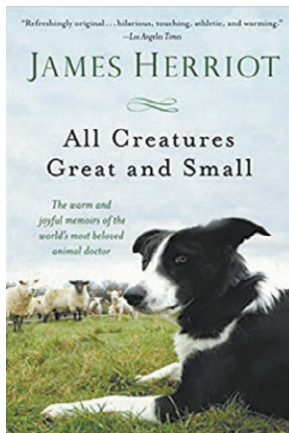
## Maynard COA Book Group 2021-2022



Sept 28 2021



Jan 25 2022



Tuesday, October 26 11:00 am  
via Zoom

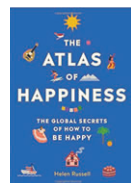
Join us for a discussion of *All Creatures Great and Small* by James Herriot. Originally published in the 70s, this beloved memoir recalls the life of a young veterinarian in the 1930s Yorkshire Dales with warmth and humor.

Call the COA to receive the Zoom link.  
All seniors are welcome! The group meets on the last Tuesday of the month.

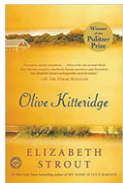
Maynard Council on Aging  
50 Brown St • 978-897-1009



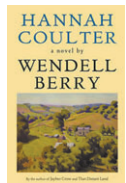
Mar 29 2022



May 31 2022



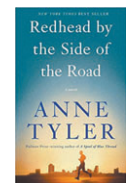
Nov 30 2021



Feb 22 2022



Apr 26 2022



Jun 28 2022



## For Maynard's 150th . . .

## FREE Guided History Tours of Maynard

**New Tours Added!**

Sun Oct 17, 2pm ♦ Sat Oct 23, 2pm

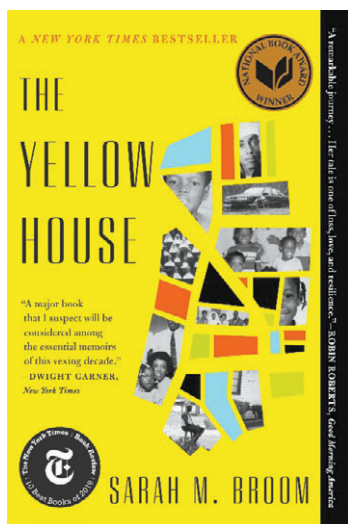
Ann Gibson is a member of the Maynard Historical Commission  
and an educator with the Concord Museum

Meet in Memorial Park ♦ 1.5 mile walk, 90 minutes  
Pre-registration required

<https://maynard-tours21.eventbrite.com>

Sponsored by the Maynard Historical Commission, the Maynard Cultural Council, and the Maynard Sesquicentennial Committee





# Book Mill Discussion Group

Tues, October 26th @ 7pm  
via Zoom

## This Yellow House: A Memoir by Sarah M. Broom

Join the Book Mill Discussion Group via Zoom to talk about this month's book!

All are welcome.

Books are available through the Library.

Contact [sthurston@minlib.net](mailto:sthurston@minlib.net) or 978-897-1010 to receive the Zoom link.

## Author Talk with Anders Morley



Wednesday, November 3  
7:00 pm

*This Land of Snow* tells the story of a solo winter journey across northwestern Canada on cross-country skis, and of a man who must come to terms with the consequences of living by nostalgia. It is an honest, thoughtful, and sometimes humorous reckoning of an adventure filled with adrenaline and exuberance, as well as mistakes and danger.

This is an in person event.

Register at [tinyurl.com/MaynardLibMorley](http://tinyurl.com/MaynardLibMorley)

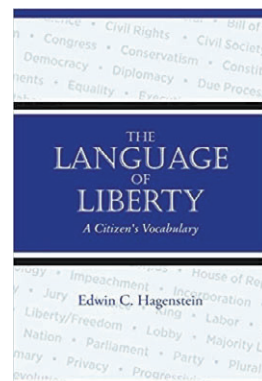
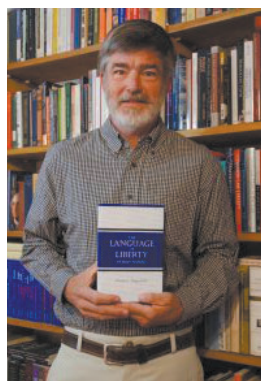
"A thoughtful and inspiring account... Morley weaves together human and natural history with skill. Those with a taste for adventure and an appreciation for nature's gifts will enjoy this moving expedition."

—Publishers Weekly

Maynard Public Library [maynardpubliclibrary.org](http://maynardpubliclibrary.org) 978-897-1010

## Join author Ed Hagenstein to hear about his latest work **The Language of Liberty: A Citizen's Vocabulary**

The Language of Liberty:  
A Citizen's Vocabulary  
defines 101 political terms with  
explorations of each term's meaning  
in the broader context of American life  
and history.



Tuesday November 9  
7 pm via Zoom

To register go to [tinyurl.com/MPLHagenstein](http://tinyurl.com/MPLHagenstein)  
or call 978-897-1010 x103

Sponsored by the Friends of the Maynard Library



# Finding Sanctuary

## Book Talk with Artist Barry Van Dusen

**Thursday October 21 @ 7 pm**



During a 4 ½ year period, Barry Van Dusen visited all 61 of Mass Audubon's wildlife sanctuaries, producing drawings and paintings at each location. In this illustrated talk, Barry will share stories and paintings from this project and all of his previous residencies. You'll learn about the approach Barry uses to meet the demands and challenges of working on location. He'll also show how field sketches and studies are used in the studio for larger, more complex works.

Copies of Barry's new book *Finding Sanctuary* will be available for purchase at the event.

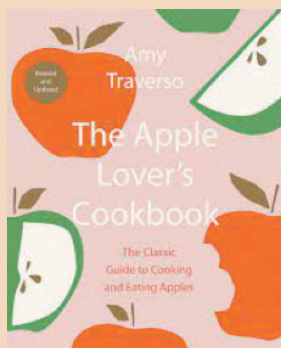
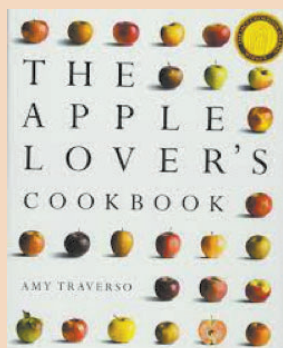
This will be an in-person event, but please register at in case we have to switch to Zoom.  
[www.maynardpubliclibrary.org/van-dusen](http://www.maynardpubliclibrary.org/van-dusen)

Sponsored by the Friends Of The Maynard Library  
Maynard Public Library ~ [maynardpubliclibrary.org](http://maynardpubliclibrary.org) ~ 978-897-1010



## October Cookbook Club

Monday, October 18  
12:00 noon



Apple season is upon us and it's time to enjoy the fruits of the harvest with Amy Traverso's *Apple Lover's Cookbook*. Along with fantastic sweet and savory dishes, there is an encyclopedia of apple varieties! For those familiar with the 2011 edition, there is now a revised book from 2020.

Borrow a cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 18th.

We'll dine on the patio, weather permitting.

Everyone who attends will be entered into a raffle of a signed 2011 edition, along with other small prizes.

Drinks and place settings provided. New members welcome—register by calling 978-897-1010 x103.

*Sponsored by the Friends of the Maynard Library.*



Google  
Calendar

## Get Organized with Google Calendar!

**Tuesday, October 12th @ 7pm**

(In-person workshop in the Roosevelt Room!)

Never forget an appointment again! Get yourself organized and synced with this 1 hour workshop. Join us as we learn how to create, maintain, and share an online calendar using one of Google's most useful tools!

Note: Please have a Google account already set up before attending. If possible, you are encouraged to bring a laptop to follow along.

Please register at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org) or call the Reference Desk at 978-897-1010 x103.

# October Programs

## CALLING ALL CRAFTERS!



It's time to warm up those knitting needles for winter scarves, create holiday decorations and show off personal artistry to support the Friends of the Maynard Seniors. The 6th Annual Holiday Market is back at the Elks Sunday, November 21, from 10:00 a.m. to 3:00 p.m. If you are interested in participating, please contact Diane Wasiuk at (978) 793-3733 or call the COA at (978) 897-1009.

Come to the COA and join others on Wednesday mornings, from 9:30 to 11:30 or Thursday afternoons, from 1:00 to 2:00, to get in on the fun as we turn tea lights into ornaments, wine corks into angels and more.

## DROP-IN AT THE COA

Monday through Friday the COA offers materials for adult coloring, delightful puzzles, board games (Wheel of Fortune, Jeopardy and Maynardopoly!), knitting and bring-your-own-device internet! Stop by and have a cup-of-Joe on us!

## COA Zoom Fitness Classes

### Yoga & Stretch with Rebecca • Tuesdays at 9am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

### Zumba Gold • Wednesdays at 9:00am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun Lin who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

### Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun Lin is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

## CLASSIC COMEDIES

Looking for some laughter to brighten your day?

We'll be laughing with you as we watch some hilarious episodes of *I Love Lucy*, *Dean Martin*, *The Honeymooners*, *Dick van Dyke*, *Carol Burnett*, and many more!

## ARMCHAIR TRAVELER



Please join us on Monday afternoons as we travel through Europe with Rick Steves. He will guide us through his favorite European cities, villages, and off-the-beaten-path destinations. Sit back, relax, and enjoy the journey without having to pack a bag!

## Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

## How To Use Zoom With Your Phone

<https://www.youtube.com/watch?v=d6QjODgTuQE>

Marcia Chadly

## Internet Service Offers

### Free or Lower Cost Options

(eligibility varies based on income)

**Comcast Essentials** • (855) 846-8376

**Verizon** (for participants in the Lifeline program or FIOS at a lower rates) (800) 837-4966

**AT&T** • (855) 220-5211

**Contact the Council on Aging for information about our tablet loan program.**



# Welcome Back!

## October Classes and Activities

### Monday

Zumba Toning (ZOOM)	9:00 – 9:45
Knitting & Crocheting	9:30 – 11:30
Drop-In*	9:30 – 11:30
Armchair Traveler	1:00 – 2:00
Drop-In	1:00 – 2:00

### Tuesday

Yoga & Stretch Yoga (ZOOM)	9:00 – 10:00
Drop-In*	9:30 – 11:30
Book Club (ZOOM)	September 28 (see page 5 for details)
Bingo	1:00 – 2:00
Drop-In*	1:00 – 2:00

### Wednesday

Zumba Gold (Zoom)	9:00 – 10:00
Drop-In*	9:30 to 11:30
Craft Corner	9:30 to 11:30
Bingo	1:00 to 2:00
Drop-In*	1:00 to 2:00

### Thursday

Drop-In*	9:30 to 11:30
Classic Comedies	9:30 to 11:30
Arts & Crafts	1:00 to 2:00
Drop-In*	1:00 to 2:00

### Friday

Kings, Queens & Jacks (cards)	9:30 to 11:30
Drop-In*	9:30 to 11:30
Drop-In*	1:00 to 2:00

## Maynard Council on Aging Reopening Policies and Procedures

The Maynard COA will be following these policies to ensure the safety and welfare of participants, staff, instructors, and visitors. We are reducing the number of participants and setting rooms up differently for each program to create more space to allow for social distancing.

- Everyone must register in advance for any program you plan to attend. When you call to register, you will be given a time to come to the COA.
- Effective August 12, the Health Department and Town Administration issued the recommendation that all Town staff and visitors, fully vaccinated or not, are REQUIRED to wear masks or face coverings when indoors at any public Town of Maynard building or facility until further notice.
- By entering the building, you are acknowledging you are feeling well, have no symptoms of Covid-19 and have not been diagnosed with Covid-19.
- Programs may be scheduled with some activities occurring on multiple days in consideration of having smaller groups. We are doing this so anyone interested in attending will be able to do so.
- We have scheduled time between morning and afternoon programs for cleaning and disinfection, as well as room breakdown and set up. This also allows for those attending a morning and afternoon program to have the opportunity to leave and come back.
- The COA will not be offering food with any program. Water will be available, and you are free to make coffee or tea.

### **\*Drop-In Options:**

**Cards • Board Games**

**Puzzles • Knitting**

**Bring-your-own-device  
(internet provided)**

# Maynard Council on Aging Van Service

To make a reservation call CrossTown Connect at (978) 844-6809

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the dispatch service know so accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

There is no fee to ride the van at this time. **Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance.** Cancelling the day of your reservation can negatively impact the schedule and other riders' transportation needs. Unforeseen circumstances do occur but this should not be common practice to delay cancelling your reservation.

Riders should be ready for pickups at least an hour in advance of their pickup time as critical schedule changes may occur to accommodate more than one passenger. **The van will wait no longer than 5 minutes for a passenger to emerge** at which time the driver will call CrossTown Connect for them to try and reach the rider by telephone. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off.

## Medicare Resources

### Social Security

(800) 772-1213

[www.ssa.gov](http://www.ssa.gov)

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Includes Supplemental Security Income (SSI) and Social Security Disability Income (SSDI)

### Medicare

(800) 633-4227 TTY: (877) 486-2048

<https://www.medicare.gov/>

### Prescription Advantage

Massachusetts program to assist with Part D prescription drug coverage

(800) 243-4636 press #2

[www.prescriptionadvantagemma.gov](http://www.prescriptionadvantagemma.gov)

### MA Health Connector

(877) 623-6765 TTY: (877) 623-7773

[www.mahealthconnector.org](http://www.mahealthconnector.org)

### Medicare Rights Center

<https://www.medicareinteractive.org/>

Learn everything you need to know about Medicare

### Medicare Advocacy Project

(617) 603-1578 or (617) 603-1600 (under 60)

Senior Helpline (800) 342-5297 (60+)

Assistance with denials, late enrollment penalties and more

[www.gbbs.org](http://www.gbbs.org)

## SHINE

(Serving the Health Insurance Needs of Elders)

October is Medicare Open Enrollment time beginning October 15 and ending December 7. Limited appointments are available with local SHINE counselors in-person, by telephone or over ZOOM. To arrange a SHINE appointment please contact the Maynard Council on Aging at (978) 897-1009.

Save time and plan to bring with you your Medicare A/B card, current insurance and/or Part D card, MassHealth ID, and prescription drug list with dosage. This free program is available in all languages through a three-way call using a professional medical interpreting service.

For those with computer access visit: [www.medicare.gov](http://www.medicare.gov) to create a My Medicare account, be sure to securely store your username and password. If you are not yet receiving Medicare, you may access the Medicare Planfinder from using your zip code, prescriptions, and preferred pharmacies. The Medicare Planfinder will produce a report that includes premiums, annual out of pocket costs like copayments and annual deductibles, and other important details.

*Shine is a program of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Winchester Hospital and Lahey Hospital and Medical Center, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private contributions.*





Our pantry is operating as an open-air drive-thru service. Volunteers bring pre-packed bags of groceries to cars, respecting social distancing guidelines.

Our hours at our main facility (33 Main St) are:  
 Tuesdays 1:00 – 3:00pm (Seniors 65+)  
 Tuesdays 3:00 – 6:30pm  
 Thursdays 1:00 – 4:30pm

We also have monthly and bi-weekly mobile pantries in partnership with agencies in several towns.

### New clients are welcome!

All clients should reside in our service area. Go to our website at [www.opentable.org](http://www.opentable.org) for details.

Select what items you would like ahead of time with our online ordering system. Order before your appointment time to have your groceries packed and ready for you on arrival. Order online at [www.opentable.org](http://www.opentable.org).

We are open rain or shine to assure no one goes hungry. In case of thunder & lightning, we will temporarily suspend deliveries and ask that guests park until the threat has passed; all will be served when we are able to resume.

Pantry distribution will be available in the Maynard Municipal Parking Lot located between Summer Street and Main Street. **Please enter from Summer Street** (across from the Fine Arts Theater). **Guests will remain in their cars;** volunteers will take your order and load grocery bags into the trunk of your car.

If you typically come to Open Table by public transportation, bike, walking, etc, please come to the walk-up table in front of our building at 33 Main Street, Maynard to receive your groceries.

If you are unable to attend any of our pantry hours or are quarantined due to COVID, other options may be available. Please contact us at [info@opentable.org](mailto:info@opentable.org) with any questions.



The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly. The Maynard Food Pantry also provides Thanksgiving and Holiday dinner baskets for our shoppers.

### HOURS OF OPERATION:

The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon.

On some holidays that fall on Mondays, we will be open the next day.

### OUR LOCATION:

82 Main St, Maynard, MA 01754

### CONTACT US:

(978) 764-5279 or (978) 618-4264

## Assabet Co-op Market Announces Maynard Location!



*The Assabet Co-op Market, the locally sourced, community-owned grocery store, has agreed to lease space at Victory Plaza, 86 Powder Mill Road in Maynard. The Co-op is now working toward making its future home a reality!*

This riverside property is in the heart of the Powder Mill Road Corridor and will allow the Co-op to build a beautiful grocery store with more than 6,000 square feet of retail space. The market will be a full-service, community-owned grocery store that prioritizes local producers, increases access to healthy food, and builds a thriving local economy.

For more information and to join almost 1,700 Co-op Owners, go to <https://assabetmarket.coop/>



# KEEP WARM KEEP SAFE

**Winter Home Heating Safety**  
Mantenerse Caliente, Mantenerse Seguro

## Greetings from the Maynard Fire Department!

Fall in full swing and the October air is bringing the first chills of the season and maybe even the first flakes before the end of the month. This can also lead us to flip the switch to turn on our heating appliances or light the chimney for the first time, especially at night. Before you do, have you had your system cleaned and maintained since it was last active with the warmth of spring?

In 2019, there were 570 fire incidents involving chimneys, fireplaces, and woodstoves in Massachusetts. These fires caused 1 fire service death, 3 civilian injuries and 2 firefighter injuries, and resulted in \$2 million in property losses. Heating in general caused over 7,000 fires in Massachusetts over the last five years. Heating is the second leading cause of home fires in the state. So, before you strike a match or flip the switch, have you prepared your home for the change? Not only can poorly maintained equipment lead to fires, but also deadly Carbon Monoxide (CO) building up in the home. Please visit [www.mass.gov/keepwarmkeepsafe](http://www.mass.gov/keepwarmkeepsafe) for more tips.

As we all remember, the end of the month also brings Halloween and a great deal of fun for the children of the community. If you will be welcoming trick or treaters, please light up your home safely without using candles so we can prevent trips, falls, and fires. If you will be joining some trick or treaters, please use flashlights to guide you and check the treasures with the children for known allergies or tampered wrappers before they start to enjoy them. Finally, come by the fire station to trick or treat! It is a well-hidden secret, but the firefighters will also have candy and stickers available for trick or treaters that night.

Stay safe!

**Captain Mike Parr**  
[mparr@townofmaynard.net](mailto:mparr@townofmaynard.net)  
978-897-1015



The Fire Department is offering **free home safety visits** now to evaluate your protective devices & possible hazards in the home.

E-mail Captain Michael Parr at [mparr@townofmaynard.net](mailto:mparr@townofmaynard.net) to schedule your visit or call 978-897-1014  
Virtual visits available.

### Learn About:

Smoke Alarms	Trip Hazards
CO Alarms	Medication Storage
Home Escape Plans	Fire Extinguishers
Cooking Safety	CPR
Electrical hazards	Child Fire Safety
9-1-1	Your Questions

Made possible by a grant from **SAFE Senior**  
STAYING ALIVE BY PREVENTING FIRE

# FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!**  
*Review At Least Every Six Months !*

**MEDICAL DATA REVIEWED AS OF** MO. YR.

Name: Sex: M F

Address:

Doctor: Phone #:

Preferred Hospital:

## EMERGENCY CONTACTS

Name: Phone #:

Address:

Name: Phone #:

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments.

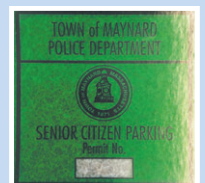
Please contact the Council on Aging if you would like one mailed.

## Greetings from the Maynard Police Department!

### Senior Citizens Parking Permit

The Maynard Police Department is introducing a new senior parking permit. The redesigned permits are intended to be bolder and more easily identified by our Parking Enforcement Official. Additionally, we will be issuing instructions for the new placement location of the permit. We ask for your assistance in having your parking permits replaced so that we can avoid any future difficulties in locating them.

You may come to the Maynard Police Department at any time, and a Public Safety Dispatcher can issue you a new permit. Please bring your vehicle registration so that we can record those details. Thank you for your cooperation as we revamp this program available to our senior citizens.



OLD



NEW





# <<>> *The Maynard COA Merrily Presents!!!* <<>> <<>> *Yuletide Newport* <>>



<<>> *December 2, 2021 (Thursday)* <>>

**8:30 AM** Depart this morning from the Maynard Elks onboard your luxury Silver Fox CD/DVD/WiFi Motor Coach and join your friends on a delightful holiday tour combining *the beautifully decorated mansions of Newport, Rhode Island and the magnificent lighting display at LaSalette Shrine*. You'll first visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. *A delicious luncheon is included at an excellent Newport Restaurant, overlooking the waterfront and featuring entrée choices of Fresh Baked Scrod or Baked Chicken*. Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 7:00 PM with enlivened holiday spirits after a day visiting Newport and LaSalette.

**Tour Includes:** - Admission to Newport's Marble House Mansion  
- Delicious Full Course Luncheon (\_\_\_ Baked Scrod\_\_\_ Baked Chicken)  
- Visit to and sightseeing of LaSalette  
- Luxury Silver Fox CD/DVD/WiFi Motor Coach

**Tour Cost:** \$100.00 Per Person

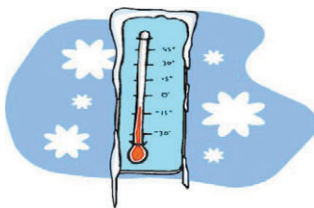
**Tour Dates:** December 2, 2021 (Thursday)

**Please Contact:** The Maynard COA @ 978.897.1009

**Important:** Fox Tours is requiring groups to ensure that all passengers have had the Covid-19 vaccine as a prerequisite to travel. This policy is to ensure passenger safety and well-being.

## *A Merry Christmas To All!*

**SMOC Fuel Assistance**



# NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs.

If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

## Deadline to Apply is April 30, 2022

Household size	Maximum Gross Income
<b>1</b>	<b>\$40,951</b>
<b>2</b>	<b>\$53,551</b>
<b>3</b>	<b>\$66,151</b>
<b>4</b>	<b>\$78,751</b>
<b>5</b>	<b>\$91,351</b>
<b>6</b>	<b>\$103,951</b>
<b>7</b>	<b>\$106,314</b>



For More Information Contact  
South Middlesex Opportunity Council  
Fuel Assistance program  
7 Bishop Street  
Framingham, MA 01702  
508-620-1230 or 508-620-2342



## Fall in love with Gracious Retirement Living!



At Camellia Gardens, we have an abundance of heart.

Our caring live-in managers are here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We'll take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

**Call today to learn more about our gracious retirement lifestyle!**



**978-637-8087**

**CAMELLIA GARDENS**  
Gracious Retirement Living



16 Digital Way, Maynard, MA 01754  
Located in the Maynard Crossing Shopping Center next to Market Basket







## REP. KATE HOGAN'S SENIOR NEWS

### SEPTEMBER 2021

### Seasonal Resources

Autumn is upon us, and with it some perennial truths: the cider will be delicious, the leaves along the Assabet beautiful, and winter is just around the corner.

This is also the time of year that many seniors start to think about the cost of heating their home over the winter. This year, the cost of other staples may be an issue too.

Following are some local, regional, and state resources that could be useful for seniors. The good people at our COA are always able to help when applying for assistance:

#### **Low Income Home Energy Assistance Program (LIHEAP)**

Residents who are experiencing a loss of income are urged to consult with their utility to see if they may qualify for the utility's low-income rate, arrearage management programs (AMP), or the federal Low-Income Home Energy Assistance Program (LIHEAP). Customers may qualify for low-income assistance, even if they haven't in the past, as eligibility is based on the last four weeks of gross household income. The AMP provides for an individualized payment plan that, if followed, allows the customer to have forgiven all or a portion of an outstanding unpaid balance. In order to qualify for LIHEAP, customers must have a household income that does not exceed 60 percent of the state median income.

#### **Good Neighbor Energy Fund**

If you don't qualify for federally funded assistance programs, you can apply for the Salvation Army's Good Neighbor Energy Fund. The Good Neighbor Energy Fund can help Massachusetts residents experiencing a temporary crisis which has left them without enough money to pay their utility bill, but do not qualify for federally funded assistance programs. To apply for assistance, contact your local Salvation Army Assistance Center.

To make a contribution to the Good Neighbor Energy Fund, please visit the Salvation Army's website. You can also mail a check payable to "Good Neighbor Energy Fund" directly to The Salvation Army at 25 Shawmut Road, Canton, MA 02021-1408.

#### **SNAP Gap**

There are 659,340 people in Massachusetts who are eligible for, but not enrolled in, the Supplemental Nutritional Assistance Program (SNAP), also known as food stamps. This might be you—if you're not sure where to start, call Project Bread's free, confidential, multilingual hotline and they will walk you through your application: 1-800-645-8333.

#### **Mortgage and Rental Payment Assistance**

If you're looking for help with housing costs, you're not alone. State and local organizations are distributing federal rental assistance in our communities. Many programs take applications from both landlords and renters who are struggling to keep up with rent and other bills. There is no fee to apply for Massachusetts' Emergency Rental Assistance Program (ERAP) and free help is available to complete applications. The South Middlesex Opportunity Council, Inc. (SMOC) can assist you in applying.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

### Contact Rep. Hogan:

If you need assistance or would like to contact me, please call me at (617) 722-2600 or email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov). Please also visit my new Facebook page: [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

**State House**, Room 163, Boston, MA, 02133 / Phone 617-722-2130

**District Office**: Maynard Town Hall, 195 Main Street, Maynard, MA

**District Office Phone**: 978-897-1333

**Email**: [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

